

Another Circle Around the Sun ~ Maureen Pollard

Produced by K-Shark Audio
Cover Art: Leo Johnson
Cover Design: Angela C. Johnson
Photo of Maureen: Angela C. Johnson

Musicians:

Maureen Pollard: lead vocals, guitar
Matt Kowalyk: vocals, guitars, bass, spoons
John Sharkey: vocals, keyboards, piano, percussion, guitars, bass
Joel Carrier: drums (Another Soul, On the Edge)

Do You Dance
Another Soul
Another Circle 'round the Sun
Finding Balance
On the Edge
Cold Comforts (Warm Dry Socks)
It Won't Hurt for Long
I Never Meant to Hurt You
I'll Thank You
Say I Love You

With heartfelt gratitude to:

Noah, Lauryn, Jenna, Sophie and their dad, David.
May there be healing, and many more circles around the sun.

Matt Kowalyk, John Sharkey, and Joel Carrier for lending their energy
and considerable talents in support of my music.

Angela Johnson and Leo for supporting my creative projects with brilliant artwork.

Mary Krause, Murray Foster, and the Toronto Songwriting School community
(most especially the Songwriter Summer Camp crew of 2022)
for helping me face my fears and grow as a singer-songwriter.

Another Circle Around the Sun ~ Lyrics and Liner Notes

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Do You Dance?

(Maureen Pollard and Murray Foster)

With a nod to Mrs. Doyle, who I understand believes every record should have a waltz.

I remember the feeling that fine summer's eve,
my senses were reeling, and I couldn't believe,
with his hand on my back and a smile on his face,
he kept me on track as we whirled round the place.
It was like I was floating on air

*Do you dance? That's all I want to know.
If you dance, I'll follow wherever you go.
A steady hand on my back as we whirl 'round the floor
If you dance, I will follow I'll not ask for more*

Many years have now passed since that dance with that boy,
He was strong and steadfast, and he brought me great joy
We had several fine years in a family way,
Now I can't stop the tears since he passed away.
Feels like I can't get enough air.

*Do you dance? That's all I want to know.
If you dance, I'll follow wherever you go.
A steady hand on my back as we whirl 'round the floor
If you dance, I will follow I'll not ask for more*

I don't need more money, I'm not looking for lust,
It would help if you're funny, but one thing's a must,
when the music is playing you must feel compelled
to do more than swaying as the melodies swell
Make me feel like I'm floating on air.

*Do you dance? That's all I want to know.
If you dance, I'll follow wherever you go.
A steady hand on my back as we whirl 'round the floor
If you dance, I will follow I'll not ask for more*

*If you dance, I will follow
I'll not ask for more.*

Another Soul

(Maureen Pollard, Matt Kowalyk, and Joel Carrier)

May we all see those who are hurting, and care.

News echoes on the streets,
a hurting heart no longer beats
A mother's tears fall in vain,
a father fights to hide his pain
They wonder what they could have done,
save the life of their loved one
The ones out helping on the streets,
compassion in each heartbeat
Shed a tear for another friend,
and wonder if it will ever end
They try to lift lost souls with love,
though it never seems enough.

*Another life lost too soon, Another soul slips away
And on this frigid afternoon I don't know what to say
When so many just don't seem to care*

Most people turn a blind eye,
and look away as they walk by
Treating people like a stain,
they refuse to see the pain
And it could be you or I, forlorn and lost as they walk by

*Another life lost too soon Another soul slips away
And on this frigid afternoon I don't know what to say
When so many just don't seem to care*

He was a son and a brother
She was a sister and a mother
They were born and they lived and were loved
Despite the pain and the heartbreak, they were loved

Another Circle 'round the Sun

(Maureen Pollard, Matt Kowalyk, and John Sharkey)

For Noah, Lauryn, Jenna, and Sophie. May you heal and undo the patterns, each in your own way.

***Another circle 'round the sun
Another cycle has begun
Another human hurts a loved one
Can the pattern be undone***

New life cries out
A new parent filled with doubt
Sometimes we lie together
And believe it will work out
New skills you learn

Offer freedom and you yearn
Sometimes we fight together
Close, then far apart in turn

New phase comes fast
We knew childhood wouldn't last
Sometimes we get together
And get tripped up on the past

***Another circle 'round the sun
Another cycle has begun
Another human hurts a loved one
Can the pattern be undone***

New life cries out
Now you're the parent filled with doubt
As you're wounded you will wound them
When old patterns play out.

***Another circle 'round the sun
Another cycle has begun
Another human hurts a loved one
Can the pattern be undone***

Finding Balance

(Maureen Pollard, Matt Kowalyk, and John Sharkey)

With gratitude for the sacred space at Loretto Maryholme, where I find my balance.

**Wound up tight, Ready for a fight
Pressure builds. Will I blow tonight?
Can't still my mind, Feeling too confined
Gotta get away, Leave it all behind**

***Whoa-oh Whoa-oh-oh-oh-oh-oh
I'm out of balance, I'm feeling pain
It might seem callous, still I leave again
Gotta find my freedom, Tranquility
A little inner peace now, Seeking harmony***

Isolate, and contemplate
Feet on the ground, Getting my head straight
In sacred space I find quiet grace
Silent Surrender, mystical embrace.

***Whoa-oh Whoa-oh-oh-oh-oh-oh
Get back in balance, and ease the pain
Seek and find forgiveness, again and again
Temporary freedom, Tranquility
A little inner peace now, Finding harmony***

Ready to return, let routines churn
Tensions rise again, Will I ever learn?

***Whoa-oh Whoa-oh-oh-oh-oh-oh
How to stay in balance, free from the pain
Connected to the cosmos, my calm retained
Everlasting freedom, tranquility
Steady inner peace now, a life in harmony.***

On the Edge

(Maureen Pollard, Murray Foster, Matt Kowalyk,
and Joel Carrier)

For Lauryn. May you always hold on.

You're on the edge again, feeling pain so deep
Darkness takes you again,
I'm with you and I want to weep
You're barely hanging on.

You rant and talk of death, I'm here and I hear you
You can hardly catch your breath,
as dread and sorrow brew
You're wishing you were gone.

*On the edge, it's wild and furious here
On the edge, in the depths of pain and fear
On the edge, frightened and frightening
On the edge, will it be the last time?*

Exhaustion weighs you down, you've nothing left to give
The pain recedes somehow, you're here and you want to
live
If only you could heal
If only you could heal

*On the edge, it's wild and furious here
On the edge, in the depths of pain and fear
On the edge, frightened and frightening
On the edge, can I make you want to stay?*

Sleep brings you sweet relief
Love draws you back toward light
Hold on to the belief
That in time it'll be all right

*Hold on, and feel the warmth of the sun
Hold on, and notice change has begun
Hold on, your song wants to be sung
Hold on, your story is not done.*

Cold Comforts (Warm Dry Socks)

(Maureen Pollard, Murray Foster, and Matt
Kowalyk)

For so many souls who have slipped away, and for
TKH who is still here and healing.

It's cold here, curled up in this doorway
Drugs in my veins let me float away
From this damp-stained concrete hideaway
Where security just might let me stay.

Floating, I imagine I'm warm and dry
That my mother greets me with a tear in her eye
That my stepfather is not such a bad guy
That I might feel safe by and by.

*Warm dry socks and watered-down whiskey
These are the things that comfort me
There's no bed tonight at the shelter
They gave me these warm dry socks
and I stole the whiskey.*

Floating, higher than ever before
I can see myself curled up by that door
While up here, surrounded by angels I soar
And I don't feel pain anymore.

*Warm dry socks and watered-down whiskey
These are the things that comfort me
There's no bed tonight at the shelter
They gave me these warm dry socks
and I stole the whiskey.
I stole the whiskey.*

It Won't Hurt for Long

(Maureen Pollard, Matt Kowalyk, and John Sharkey)

May the healing begin.

At first, I was enchanted, infatuation wove a spell
But it was all illusion, and from the pedestal you fell.
So, when I leave here, I won't feel blue
'Cuz when I leave here, I'll be done what I came to do

*It's all right to move on, to sing another song
It's all right to move on, it won't hurt for long*

Some might call me heartless for leaving you
But I know better: you were done with me, too
So, you go your way and I'll go mine
Endings are hard I know, but wait and see it'll be just fine

*It's all right to move on, to sing another song
It's all right to move on, it won't hurt for long*

Don't be sad now, we've had our fun
Don't feel bad now, we had a good run
Look ahead now, the future is bright
Go ahead now and find your light.

*It's all right to move on, to sing another song
It's all right to move on, it won't hurt for long
No, it won't hurt for long.*

I Never Meant to Hurt You

(Maureen Pollard, Matt Kowalyk, and John Sharkey)

For Tobi first, but also for everyone I have hurt
along the way. I'm sorry.

I wish the past was different,
That I'd known how to breathe
The kind of breath that calms you
When anger starts to seethe.

I wish that I'd been stronger
I wish that I'd known how
To make peace with our differences
And find a better way somehow.

*I never meant to hurt you; it was love I meant to give
I'm sorry you now carry painful memories you'll relive
As I sit alone at twilight,
I hope that one day you'll forgive.*

I wish that we could go back
With wisdom we have gained
To treat each other gently
When we're scared or feeling pain

*I never meant to hurt you; it was love I meant to give
I'm sorry you now carry painful memories you'll relive
As I sit alone at twilight,
I hope that one day you'll forgive.*

There is no prize for might
Rage rarely has clear sight
It always hurts us we fight
Trying to prove which one is right.

*I never meant to hurt you; it was love I meant to give
The truth is we all carry painful memories we relive
As I sit alone at twilight, I hope one day we'll forgive.*

I'll Thank You

(Maureen Pollard, Matt Kowalyk, and John Sharkey)

For the ocean, the mountains, and the forest, where
I find perspective and peace.

Leaves rustle in the forest
Ocean waves meet the shore
Eagles soar high overhead
And my heart longs for more

The sun shines on the mountain
There's blue sky up above
We are all here on earth
Made of light and full of love

*So, I'll thank you for the sunshine
and I'll thank you for the rain
I'll thank you when I'm feeling good
or when I'm feeling pain
I'll thank you when it's easy and even when it's hard
Because I get to live this life and it fills my tender heart*

Rivers flow into lakes
Foothills roll to the plains
We sing songs across the land
With love as our refrain

*So, I'll thank you for the sunshine
and I'll thank you for the rain
I'll thank you when I'm feeling good
or when I'm feeling pain
I'll thank you when it's easy and even when it's hard
Because I get to live this life and it fills my tender heart*

It isn't always easy, this complex life we live
No, it isn't always easy, still there's gratitude to give.

*So, I'll thank you for the sunshine
and I'll thank you for the rain
I'll thank you when I'm feeling good
or when I'm feeling pain
I'll thank you when it's easy and even when it's hard
Because I get to live this life and it fills my tender heart
It fills my tender heart
My tender heart*

Say I Love You

(Maureen Pollard and Matt Kowalyk)

A happy singalong song for MurF, who has
cheerfully helped me write so many sad songs.

I usually write sad songs,
and dwell on feelings dark and deep
You said if I wrote a happy song one day,
you would probably weep...

2-3-4

*So here we go now, do si do Sing along now if you know
Say "I love you", Say "I care",
Say "I'm grateful you are here"*

Joyful laughter fills the air, kindness blossoms
everywhere
Because the light inside of you
is shining bright and showing through

Every day in every way, goodness blooms like a bouquet
Spread good cheer in rain or shine,
to warm this tender heart of mine.

*So here we go now, do si do Sing along now if you know
Say "I love you", Say "I care",
Say "I'm grateful you are here"*

The rain that falls makes flowers grow,
then leaves that fall make way for snow
Seasons change every year,
So, keep your friends and family near

Share your stories, sing your songs,
there is no way to do this wrong
Don't forget to count your blessings,
for the years they are progressing.

*So here we go now, do si do Sing along now if you know
Say "I love you", Say "I care",
Say "I'm grateful you are here"*

I'm so grateful you are here.